



September is National Preparedness Month, and the Virginia Department of Health Office of Emergency Preparedness host an Annual Emergency Kit Cook-Off.

Employees from State agencies submit recipes prepared using only non perishable pantry items and manual appliances. The finalists prepare their recipe for the live Cook-Off event in September.

This cookbook holds the delicious recipes for the last 6 years, and it shows that the loss of power doesn't have to equal loss of taste and a little gourmet can help provide comfort during an emergency.

COOK OFF "Cold Tuna Noodle Salad" RECIPE COUNTY OF THE COLD TUNA NOODLE Salad"



Jeff Dixon





"Cold Tuna Noodle Salad"

By: Sharon Seay and

Jeff Dixon

Ingredients:

- *6.4 can tuna fish
- * 1 oz. sundried tomatoes
- * 1 oz. bacon bits
- * 2 oz. Velveeta
- * 1 tsp. favorite seasoning
- * 2 pkgs. Chicken flavored

Ramon noodles

* 1 oz. Ranch seasoning

pack

* 4 mayo packets

Directions:

Boil water and add noodles to boiling

water and cook for 3 minutes. Drain

noodles. Add all other ingredients

and stir well until fully mixed. Can

be served lukewarm or cold.



"Tex Mex Bean Salad"

By: Urmila Mota







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By: Urmila Mota

Ingredients:

- *1 can bake beans
- * 1 can black beans
- * 1 can sweet corn
- * 1 tsp roasted cumin seeds

(ground coarsely)

- * 1/2 tsp. red chili powder
- * 1/4 tsp salt (optional
- * corn chips or corn tortilla

*

Directions:

Drain and rinse the black beans and sweet corn. Drain the bake beans.

Mix the black beans, sweet corn, and bake beans. Add roasted cumin (heat cumin seeds in a frying pan on low heat until they are brown slightly,

Ground coarsely once cool.), chili powder, and salt. Stir well and leave for 30-60 minutes. Serve with corn chips or corn tortilla.



"Carrot Pancakes"

By: Alanna King







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Ingredients:

- *1 cup flour
- * 1 tbsp. sugar
- * 2 tsp. baking powder
- * 1/4 tsp. salt
- * 1 tsp. cinnamon
- * 1 tbsp. milled flax seed
- * 2 1/2 tbsp. water
- * 1 cup dry milk
- *2 tbsp. cooking oil
- * 1/2 cup shredded carrots
- *Raisins, walnuts, syrup

Directions:

Whisk together 1 tbsp. milled flax seed and 2 1/2 water to make flax egg. Set aside. Mix dry ingredients (flour, sugar, baking powder, salt, cinnamon) in a bowl. In another bowl, nix wet ingredients in a separate bowl (milk, oil, and flax egg). Mix dry and wet ingredients together. Add shredded carrot. Cook pancake on camp stove with gas. Sprinkle with raisins, walnuts, and syrup as desired.



"German Chocolate Trifle"

By: Kate Bausman









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Ingredients:

* 1/2 cup of chopped pecans

* 1/2 cup of shredded coconut

* Vz cup chocolate graham

crackers

*4 packs milk chocolate or

chocolate fudge pudding

cups

*1 can coconut cream

*Sweetener of your choice

Prep 7ime: 15 mins

Total Time: 15 mins

Directions:

Take a handful of the chocolate Graham crackers and

place in zip lock bag. Seal bag and crush crackers with

meat tenderizer or whatever is handy. Open coconut

cream and discard liquid. Place solids in a bowl, add

sweetener(Itbsp. of powdered sugar). Whisk coconut

cream until combined. Take a small cup of bowl and

cover bottom with crushed Graham crackers. Top with

the content of one pudding cup. Sprinkle with pecans

and shredded coconut. Top with coconut cream.

Sprinkle more nuts and shredded coconut on top.

Enjoy!



"Power Meal"

By: Mayerly Rodriguez





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Ingredients:

Any of the following:

* 2 cans of oil/water based

tuna, sardines, salmon,

sausages, or any dry protein

* Bread, crackers, cereal,

tortillas, cookies, chips, or other carb

* Mayonnaise, ketchup,

BB2 sauce, mustard,

lemon, and vinegar

Directions:

Open 2 cans of protein, pour the

content in the zip-lock bags.

Add sauce as you desire.

Mix and smash until it gets creamy.

Serve with the chosen carbs.

Add any fruit or vegetable if they are available.



"Chicken-banzo"

By: Chaitali Roy





"Chicken-banzo"

By: Chaitali Roy

Ingredients:

- * 1 can chicken
- * 1 can garbanzo beans
- * 1 bottle of salsa
- * Curry powder
- * Salt (optional)

Directions:

Open all the cans (drain the water of garbanzo beans).

Mix all the ingredients.

Cook on the stove top for 15 mins on medium heat.

Adjust salt and spice level.

Serve. Other option is serve with Bread or Rice to make it complete meal.



"Zombie Apocalypse Chicken Parm" By: Kim Kelly





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By: Kim Kelly

Ingredients:

- * 1 can chicken
- * 2 TBSP Bisquick
- * 2 78SP Parmesan Cheese
- * 2 tsp olive oil
- * 178SP garlic powder
- * 178SP dried oregano
- * 2 tsp dried basil
- * 1 can your favorite spaghetti

sauce

- * 1 small box spaghetti noodles
- * 2 16 oz bottles water

Directions:

Open all cans with manual can opener.

Add 1 tsp of olive oil in cast iron skillet and heat.

Add 2-16 oz bottles of water to a saucepan and heat to boil.

Add can of Spaghetti sauce to saucepan and heat.

Drain canned chicken. Dump in bowl. Add remaining ingredients (only 1 tsp olive oil) and mix well with hands. Divide into 6 small balls and flatten into small patties.

Add noodles to boiling water and cook as directed.

Sauté patties in heated skillet. Cook each side for about 3-4 minutes, to make them brown and "crispy".

Drain noodles. Add garlic powder and olive oil.

Place noodles on plate, pour sauce over top and add

1-2 patties on the side.



"Dumplings in Oregon Blackberry Sauce"

By: Angie McGarvey



Voted "Best Overall"



"Dumplings in Oregon Blackberry Sauce"

By: Angie McGarvey

Ingredients:

Sauce:

- * 2 can Oregon Fruit Products
- Blackberries, undrained.
- * 2 Tablespoons sugar

Dumplings:

- * 1 cup self-rising flour unbleached
- * 1.5 teaspoons baking powder
- * 1 teaspoon salt
- * 1/4 cup sugar
- * 2 Tablespoons coconut oil (in solid form)
- * 1/2 teaspoon vanilla
- * 1/2 cup almond milk

Directions:

To prepare sauce: combine berries with syrup and sugar in Dutch oven. Place the Dutch oven on the camp stove and heat the berry sauce to boiling, simmer gently while preparing dumplings.

To prepare dumplings: Combine flour, baking powder, salt, and sugar. Cut in coconut oil. Add vanilla and almond milk to the flour mixture, stirring to make a thick batter. If it seems too thick, add a little more almond milk. Drop by spoonfuls into the boiling sauce, then cover and steam the dumplings gently in the sauce for 20 minutes (do not lift the cover during the steaming process). Serve dumplings and sauce warm.



"Stovetop Pizza"

By: John Ringer



Voted Second Place



"Stovetop Pizza"

By: John Ringer

Ingredients:

Sauce:

- * Water
- * Flour
- * Salt
- * Yeast
- * Canned tomatoes
- * Olive oil
- * Dried pepperoni

Directions:

Prepare the dough an hour ahead of time and allow it to rise while covered with a damp cloth.

Preheat a cast iron skillet.

Prepare tomato sauce in a sauce pan.

Roll out dough with your fingers and then place into cast iron skillet for 1-2 minutes on high heat.

Flip dough over and turn down heat.

Add toppings and cover.



"Chicken Chili"

By: Tammy Cramer







*Voted Second Place



"Chicken Chili"

By: Tammy Cramer

Ingredients	dients:	ngrea
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- * 1 canned chicken
- * 1 canned corn
- * 1 canned tomatoes
- * Ranch mix
- * 7aco mix
- * 1 can of black beans
- * 1 can of Rotel

Prep 7ime:15mins

Total Time: 1 hr.

Directions:

Mix all the ingredients together and heat for 45

mins or until hot



"Tuna Potato Cakes with Black Bean Pineapple Salsa"

By: Jillian Weyant



Voted Second Place



"Tuna Potato Cakes with Black Bean Pineapple Salsa" By: Jillian Weyant

Ingredients:

- * 1 medium or Z small potatoes, peeled and cubed (WIC approved)
- * 1 clove of garlic
- * 1 bottle of water
- * 1 can evaporated milk
- *1 can black beans, drained (WIC approved)
- * 1 can pineapple, tidbits or crushed, juice

drained and reserved (WIC approved)

- *1 can chunk light tuna, drained (WIC approved)
- * 2 1/2 7. bread crumbs
- * 1/2 c. bread crumbs
- * 27. coconut (optional)
- * 27. cooking oil
- *Lime, Garlie, Cilantro seasoning to taste
- * Salt & pepper to taste

Directions:

Prepare Mashed Potatoes: Combine potatoes, garlic clove, a pinch of salt, and water in a medium saucepan. Cover and boil until potatoes are tender. Drain potatoes and mash in a medium bowl. Fold in just enough evaporated milk to give the potatoes a sticky texture — the amount will vary based on the size of the potatoes used. Season with salt and pepper to taste.

Prepare Black Bean Pineapple Salsa: Combine black beans and pineapple in a small bowl, add coconut if desired. Gently stir in about 1/3 c. reserved pineapple juice. Season with Lime, Garlic, Cilantro seasoning and salt & pepper to taste.

Prepare Tuna-Potato Mixture: Gently flake the drained tuna into a medium bowl. Season with 1/2 t. Lime, Garlic, and Cilantro seasoning and salt & pepper to taste. Fold in 2 1/2 7. bread crumbs and 1/2 c. of the prepared mashed potatoes.

Prepare Tuna-Potato Cakes: Combine ½ c. bread crumbs and 27. coconut, if desired, on a small plate. Divide the tuna-potato mixture into 8 portions. Using your hands form 8 small patties, about ½" thick. Coat each patty in the bread crumb|coconut mixture.

Heat the oil in a skillet over medium heat. Cook the tuna potato cakes until golden brown on each side.



"Quinoa with Corn & Black Beans"

Ingredients:

*1 box of quinoa

*1 can beans

*Spices(as desire)

Prep 7ime: 5 mins

Total Time: 20 mins

Birectifors Ringer

Prepare quinoa as indicated in instructions. Add beans and other ingredients. Add spices to taste.



"Souper Rice"

By: Cindy Kucera

Ingredients:

- * 1 can cream of mushroom soup or other cream soup
- * 1 can of bottled water
- * 1 can of minute rice
- * Hot sauce if desired



Directions:

Open can with manual can opener and pour the soup into the pan. Fill the empty soup can up with water and pour into the pan. Fill the soup can up with rice and pour into the pan. Heat the pan to a boil on the camping stove then turn off and cover and wait 6 to 8 minutes and then enjoy. This recipe is also good for when you are out of money.



"Tarragon Chicken"

By: Jenny Chappel

Ingredients:

* Canned Chicken (6 oz)

* Mayo Packet

* Mustard Packet

* Tarragon (a dried

spice)

* Celery Seeds

(optional)

Directions:

Open Chicken can; keep lid over

meat; drain.

Add 1/2 to 1 Mayo Packet

Add 1/4 Mustard Packet

1/2 tsp 7aragon

1/8 tsp celery seed

Stir.

Eat.





"Salad Italiano"

By: Lisa Syrop

Ingredients:	Directions:
* 1 can Garbonzo Beans	Open artichokes chopped and reserve
(small if available or regular	marinade
size)	Open heart of palms drain and chop
* 1 small jar of marinated	Open garbonzo beans drain - rinse if
artichoke hearts - Progresso	ample water reserves
if available	Add into bowl add reserved marinade
* 1 can of heart of palms	Add cheese and stir
* Kraft parmesan cheese (in	Add pepperoni or salami if available
can or homestyle jar)	and desired otherwise can be served as
* 1 unopened oli salami or	a vegetarian dish.



"Chicken Little Taco Soup"

By: Injury Prevention Team

Ingredients:

- * 1 can chili beans
- * 1 can black beans
- * 1 can whole kernel corn
 (drained)
- * 1 can chicken
- * 1 can tomato sauce
- * Z cans Rotel with onions and green chilies (undrained)
- * 1 package of taco seasoning
- * Various spices including: salt.

pepper, red pepper, chili peper

- * Saltine crackers
- * Bottled water

Directions:

Open all cans with a manual can

opener

Empty all cans into pot and allow to

simmer on camping stove





"Manhattan Clam Chowder"

By: Karen Rice

Ingredients:

- * 4 cans Progresso
- * Manhattan Clam

Chowder

- * 4 cans chopped clams
- * 1 bottle Tiger sauce
- * Oyster crackers
- *Equipment: colander,

can opener, heating |

cooking device

Directions:

- Open soup and pour into pot.
- Open clams, drain and pour into pot.
- Add bottle of tiger sauce.
- Heat thru and serve with crackers.





"Broccoli and Chicken Casserole"

By: Julie Moon

Ingredients:

- * 1 can chicken broken apart.
- * 1 1/2 cup freeze dried broccoli,
- * Boxed chicken broth,
- * 10-12 ounces gluten free noodles.
- 17 Italian spices, onion
 powder, garlic powder, salt &
 pepper
- * 1/2 cup Parmesan cheese in shaker plus some to top

Directions:

Heat 10-12 ounces of noodles on a wood stove, grill, or open flame in the entire box of broth, (add water if needed to cover noodles) cooking until tender.

Drain noodles capturing the liquid. (Gluten free noodles cook faster than conventional noodles so cook 2 minutes less than instructions on box).

Pour in freeze dried broccoli to rehydrate then add to noodles.

Mix canned chicken, broccoli, and broth, into casserole dish.

Add spices.

Mix and top with parmesan cheese to taste.



"Twinkie Napoleon"

By: Rita Evola

Ingredients:

* 1 Twinkie

* 1 small bag of potato

chips

Directions:

portions.

Cut (or tear) open Twinkie; remove

cream filling and reserve into 2

Knead twinkie cake until it forms doughy consistancy, form into ball.

Divide Twinkie ball in half. Roll out (or press) each half into a thin

layer. Crush all but a few potato chips into a fine powder. Cut rolled out layer of dough into as many same sized squares as possible. Cover first

square (layer) of Twinkie dough with reserved cream, cover cream with potato chip powder. Repeat and layer squares on top of each other,

forming a layered 'cake'. Cover top layer with cream and a single potato

chip as garnish. Repeat with second half of dough. Vields 2 'servings'.



"Skillet Enchiladas"

By: Carla Winters

Ingredients:

- *2 cans of canned chicken
- *1 can green chiles
- *1 small can of corn
- *1 can diced tomatoes
- *1/2 -1 teaspoon minced onion
- «Vz -1 teaspoon minced garlic
- *1/4 cup of flour
- *1 can cheddar cheese soup
- *1 packet enchilada seasoning
- *1 package tortillas
- *Oil for pan

Prep 7ime:20 mins

Total Time: 40 mins

Directions:

In oiled skillet, add minced onion and garlic and cook for one minute. Add canned chicken, green chiles, corn and 1/2 package of enchilada seasoning. Simmer to thicken. Add flour if necessary. While mixture is simmering, in a separate bowl combine cheddar cheese soup, 1/3 -1/2 package enchilada seasoning and diced tomatoes. Remove chicken mixture from pan and wipe clean. Heat tortillas in pan one by one. Spoon chicken mixture into tortillas, roll up, and place seam side down in pan. Spoon remaining chicken mixture and cheese sauce over tortillas and heat until cheese soup sauce is bubbly.



"Green Chile and Bean Salsa"

By: Catherine Long

Ingredients:

- *1 can pinto beans
- *1 can hatch green chiles
- * 1-2 tablespoon red pepper flakes
- *1 teaspoon oregano
- *1 teaspoon garlic powder
- *1 teaspoon onion powder
- * Salt and pepper (to taste)
- * Favorite crackers or chips

Prep 7ime: 5 mins

Total Time: 5 mins

Directions:

Open pinto beans and green chile cans and mix in a bowl. Add all the seasonings. Mix together.



"Cherry Camp stove Cobbler"

By: Deborah Sawyer

Ingredients:

- *Vegetable oil(enough to coat pan)
- *1 cup of Oatmeal
- Z tablespoons of instant non-fat dry milk
- *3 tablespoon of sugar
- *1 tablespoon of cornstarch
- *1 teaspoon of vanilla
- *1 teaspoon of cinnamon
- *1-40z cup of applesance
- *1- 15-16oz can of Pitted dark sweet cherries, in heavy syrup

Prep 7ime: 7 mins

Total Time: 20 mins

Directions:

Heat oil in pan. Combine next six ingredients in a bowl; then drop by teaspoonful into hot oil to brown. Add can of dark cherries to mixture and heat for a few minutes so that the cherries are warm and some of the cherry syrup has had a chance to evaporate. Serve and enjoy!

Tips: Applesauce can often be used as a substitute for butter in recipes.

Looking for gluten-free? Corn doesn't contain gluten, so you can substitute cornstarch in sauces and soups that use flour as a thickener (but use about half as much). Pure oats are gluten-free, but since oats may be processed in the same facilities that gluten-containing grains, you may want to stick with oatmeal that has a "gluten free" stamp on the packaging.



"Tuna Korma Curry"

By: Carla Hegwood

Ingredients:

- *1 jar of korma or butter curry sauce
- *1-2 cans tuna in olive oil
- * 1 can coconut milk
- *Basmati or any other type of rice(can use dried or pre-cooked)
- *Olive oil
- *Water
- *Spices: Dried onion, dried garlic slices, 1-2 bay leaves, garam masala mix
- *Optional (to taste): salt, pepper cumin, turmeric, dried ginger powder, true lemon powder

Prep 7ime:7 mins

Total Time: 20 mins

Directions:

Cook or warm up rice.

Add a few tosp, of water to an empty pan. Add dried onion and dried garlic slices. Simmer until reconstituted and slightly softened. Add dollop of olive oil and garam masala (Optional: add other dried spices in pantry to taste).

Let cook about 1-2 minutes over med heat until fragrant.

Drain excess olive oil from tuna, add to pan, and stir gently.

Add jar of sauce. Simmer on low 10-15 minutes. Add coconut milk. Simmer about 5 more minutes. Adjust seasonings as desired.

Serve curry over rice. Optional: sprinkle on dried parsley as garnish.



"Asian Chicken and Noodles"

Ingredients:

∻2-5 oz. cans chicken breast,

drained

* 1-8oz.can water chestnuts, drained

*1-26oz. Simply Asian Japanese

Inspired Ramen Soy Ginger

Chicken Broth

*1-14.2oz. Hokkien Stir-Fry

Noodles

*1 tablespoon stir-fry oil

*6 oz. Szechuan sauce

* Sliced Almonds

* Sesame Seeds

Prep 7ime:15 mins

Total Time: 20 mins

By: Mendy Harman Directions:

Put stir-fry oil in a skillet and place on a camp *1-80z. can sliced mushrooms, drained stove over medium heat. Add chicken,

mushrooms, and water chestnuts and heat through, taking care not to break chicken apart too much. Remove from heat. In a separate pan,

heat chicken broth to boil, then add noodles and

remove from heat. Add the Szechuan sauce to the noodles and stir. Put a serving of noodles on

a plate, then top with chicken and vegetables.

Sprinkle almonds and sesame seeds on top and

serve. Make sure the chicken and noodles are

warm when served. It's OX to return the pans

to the stove before serving to reheat. Serve immediately and enjoy!



"Just Add Ramen-Seafood"

By: Saran S. Ross

Ingredients:

* 1 package of Shrimp

Flavored Ramen Noodles

- *1 can of Shrimp
- * 1 can of Crab Meat
- *1 can of Asian Vegetables
- *1 can of corn
- *3 Packets of Soy Sauce
- *Ginger powder
- *Garlic powder
- *Onion powder
- *4 bottles of water
- *1 package of chopsticks
- *1 fortune cookie

Directions:

Open all of the cans, the Ramen noodle package and 2(or 3) bottles of water. Place the water in a pot and set on med-high until it comes to a boil. In the water add 2 packets of Soy Sauce. a dash of garlic, ginger and onion powder. Add Ramen and cook until noodles are firm. Once noodles are firm, add 3 thsp of Asian veggies. 1 tbsp of corn. 2 tbsp of shrimp and 1 tbsp of crab meat. Use chopsticks to stir until noodles are soft. Once noodles are soft, remove from heat and dump all but 1/4 cup of water. Add the shrimp seasoning packet and then stir with chopsticks. Serve hot with 1 fortune cookie and 1 bottle of water



"Peanut Butter Chew"

By: Sarah Cline

Ingredients:

- * 1 cup brown sugar
- * 1 cup peanut butter
- * 1 cup dark corn syrup
- * 4 cups Rice Krispies

Directions:

Bring sugar and corn syrup to a boil.

Remove from heat.

Stir in peanut butter until smooth.

Add Rice Krispies.

Mix and shape into small balls.

Place on wax paper.





"Black Bean Burger"

By: WIC Liaison Team

Ingredients:

- * 1/2 can yams; drained
- * 1 can black beans;

drained

- * 3/4 cup oats; crumbled
- * 1/2 t onion salt
- * 1 t cumin powder
- * Z t chili powder

* Salsa

Directions:

Mash black beans.

Add yams and other ingredients.

Mix well.

Form into patties.

Cook in vegetable oil for 4 minutes on

each side.

Top with salsa.



"Chicken Pasta Salad"

By: 7im Perkins

Ingredients:

- * Canned Chicken
- * Canned Peas
- * Canned Corn
- * Canned Green Beans
- * Pasta (Rotini or Bowties

work best)

* Parmesan Cheese (if it is a

new container, it doesn't need

refrigeration)

*Salt, Pepper, Onion Powder,

Garlic Powder,

Oregano/Italian Seasoning

Italian Salad Dressing

Directions:

Drain all canned food and set aside.

Boil Pasta using camp stove or other

heat source, and drain.

Place canned items in pot that pasta

had just been boiled in to heat up,

then add pasta again.

Add spices, salad dressing, and

parmesan cheese to taste.



Ingredients:

- * Cinnamon Pita Chips
- * Mini Marshmallows
- * Semi-sweet chocolate

morsels

- * Butterscotch morsels
- *White chocolate morsels



Directions:

Cover the grill grates or a grill pantray with foil. Heat grill to a low temperature.

Spread pita chips on foil in a single layer, leaving them slightly overlapping one another.

Sprinkle with the remaining ingredients.

Close the lid for 3 minutes. Nachos are ready when toppings are melting but retain some of their original shape.

If you wish to have a toasty crust on the marshmallows: Place the mini-marshmallows on a small, foil-covered tray on the upper grill shelf: heat with lid closed until they have reached desired brownness then spoon onto nachos. OR use standard-sized marshmallows and toast them on sticks close to heat. place on nachos and spread as desired.

This recipe can be made on a camp stove or campfire.

COOK OFF "Virgin Hurricane Refreshment"





- Peanut butter
- Whole wheat crackers (consider vacuum packing to prolong freshness)
- Nuts and trail mix
- Cereal
- Power bars and granola bars
- Dried fruit
- Canned meat such as tuna, salmon, chicken and turkey
- Canned vegetables such as beans, carrots and peas
- Canned soups and chili
- Sports drinks
- Sugar, salt and pepper
- Powdered milk
- Multivitamins

